

ATP III Guidelines

Therapeutic Lifestyle Changes (TLC)

Therapeutic Lifestyle Changes in LDL-Lowering Therapy

Major Features

- TLC Diet
 - Reduced intake of cholesterol-raising nutrients (same as previous Step II Diet)
 - ◆ Saturated fats <7% of total calories
 - ◆ Dietary cholesterol <200 mg per day
 - LDL-lowering therapeutic options
 - ◆ Plant stanols/sterols (2 g per day)
 - ◆ Viscous (soluble) fiber (10–25 g per day)
- Weight reduction
- Increased physical activity

Therapeutic Lifestyle Changes

Nutrient Composition of TLC Diet

Nutrient

- Saturated fat
- Polyunsaturated fat
- Monounsaturated fat
- Total fat
- Carbohydrate
- Fiber
- Protein
- Cholesterol
- Total calories (energy)

Recommended Intake

Less than 7% of total calories

Up to 10% of total calories

Up to 20% of total calories

25–35% of total calories

50–60% of total calories

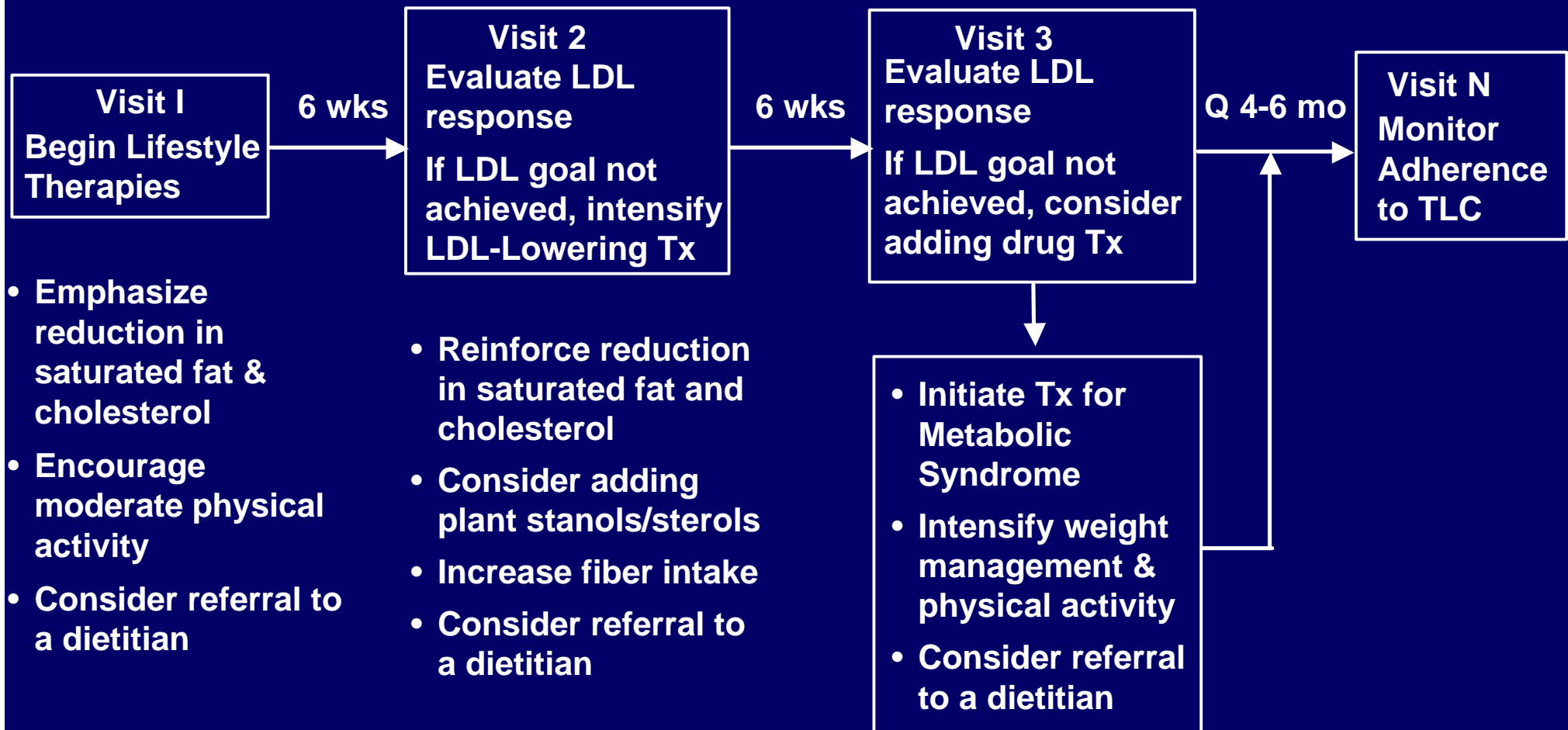
20–30 grams per day

Approximately 15% of total calories

Less than 200 mg/day

Balance energy intake and expenditure to maintain desirable body weight/ prevent weight gain

A Model of Steps in Therapeutic Lifestyle Changes (TLC)



Steps in Therapeutic Lifestyle Changes (TLC)

First Visit

- Begin Therapeutic Lifestyle Changes
- Emphasize reduction in saturated fats and cholesterol
- Initiate moderate physical activity
- Consider referral to a dietitian (medical nutrition therapy)
- Return visit in about 6 weeks

Steps in Therapeutic Lifestyle Changes (TLC) (continued)

Second Visit

- Evaluate LDL response
- Intensify LDL-lowering therapy (if goal not achieved)
 - Reinforce reduction in saturated fat and cholesterol
 - Consider plant stanols/sterols
 - Increase viscous (soluble) fiber
 - Consider referral for medical nutrition therapy
- Return visit in about 6 weeks

Steps in Therapeutic Lifestyle Changes (TLC) (continued)

Third Visit

- Evaluate LDL response
- Continue lifestyle therapy (if LDL goal is achieved)
- Consider LDL-lowering drug (if LDL goal not achieved)
- Initiate management of metabolic syndrome (if necessary)
 - Intensify weight management and physical activity
- Consider referral to a dietitian